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Dance and Somatics Human Kinetics
Presenting a rich mosaic of embodied contemporary narratives in spirituality and movement studies, this book explicitly studies the relationship between spirituality and the field of Somatic Movement Dance Education. It is the first scholarly text to focus on contemporary spirituality within the domain of dance and somatic movement studies. Dance, Somatics and Spiritualities brings together prominent authors and practitioners in order to elucidate how a wide range of sacred narratives/spiritualities are informing pedagogy, educational and therapeutic practice. As well as providing new insights and promoting creative/artistic awareness, this seminal text de-mystifies the spiritual/sacred and brings clarity and academic visibility to this largely uncharted and often misrepresented subject.

A Mindful and Physical Conditioning Tool for Movers

North Atlantic Books
Somatics describes any practice that uses the mind-body connection to help you survey your internal self and listen to signals your body sends about areas of pain, discomfort, or imbalance. These practices allow you to access more information about the ways you hold on to your experiences in your body. Your body adjusts for pain by relying on secondary muscles and connective tissues and by establishing compensatory movement patterns inside your body. These patterns if left unaddressed can lead to secondary injuries and

permanent damage even after the initial pain or injury is gone! The lasting effects of pain can carry over into every area of your life. The unfortunate reality is that many people suffer unnecessarily from chronic pain and its far-reaching effects. With the right approach to body connectivity and movement therapy, you can live pain-free!

Shin Somatics Moving Way Oxford University Press, USA

? Based upon the author's lifetime practices as a dancer, poet and teacher, this innovative approach to developing body awareness focuses on achieving self-discovery and well-being through movement, mindfulness and writing. Written from a holistic (rather than dualistic) view of the mind-body duality, discussion and exercises draw on dance, psychology, neuroscience and meditation to guide personal exploration and creative expression.
Dance and Neuroscience in Conversation Springer

Somatics, Movement and Embodiment *
What does it actually mean to embody an idea or an action? * What has somatic practice to offer the teaching and development of modern dance? * How can an investigation of our embodied movement open up the possibility of making new choices - on an individual, social, cultural or political level? * How can somatic practice be used to open up intercultural dialogue? * How can embodied art exist alongside social and religious practice?

Careers in Dance Intellect L & D E F A E
Patrizia Pallaro's second volume of essays on Authentic Movement, eight years after her first, is a tour de force. It is indeed "an extraordinary array of papers", as Pallaro puts it, and an immensely rich, moving and highly readable sweep through the landscapes of Authentic Movement, "this form of creative expression, meditative discipline and/or psychotherapeutic endeavour". You don't need to practice Authentic Movement to get a lot out of this

book, but it certainly helps! I defy anyone to read the first two sections and not be curious to have their own experience.' - Sesame Institute
'Authentic Movement can be seen as a means by which analysts can become more sensitive to unconscious, especially pre-verbal aspects of themselves and their patients.' - Body Psychotherapy Journal Newsletter
'This book is a collection of articles, some of which are interviews, brought together for the first time. It is very valuable to have them all together in one place...It is a wonderful collection of articles on topics you have always wanted to read, such as the role of transference in dance therapy or Jung and dance therapy. The book also includes scripts for exercises.' - Somatics Authentic Movement, an exploration of the unconscious through movement, was largely defined by the work of Mary Starks Whitehouse, Janet Adler and Joan Chodorow. The basic concepts of Authentic Movement are expressed for the first time in one volume through interviews and conversations with these important figures, and their key papers. They emphasize the importance of movement as a means of communication, particularly unconscious or 'authentic' movement, emerging when the individual has a deep, self-sensing awareness - an attitude of 'inner listening'. Such movement can trigger powerful images, feelings and kinesthetic sensations arising from the depths of our stored childhood memories or connecting our inner selves to the transcendent. In exploring Authentic Movement these questions are asked: - How does authentic movement differ from other forms of dance and movement therapy? - How may 'authentic' movement be experienced?

The Evolution of the Somatic Arts and Conscious Action Intellect Books

ABSTRACT OF THE THESIS Sensing and Shaping from Within: Exploring the Integration of Somatic Concepts into the Teaching and Learning of Ballet By Alana Rae Isiguen Master of Fine Arts in Dance University of California, Irvine, 2015 Professor Loretta Livingston, Chair
This thesis research study examines how somatic thought can aid in the approach to, and execution of, classical ballet, specifically within American dance programs in higher education at the undergraduate level. This research also aims to further the discussion of the value of using

somatics in training dance professionals. It adds to an existing body of knowledge of more helpful and healthy pedagogical ways in shaping dancers by treating the individual body and striving for wellness. A brief overview of three long standing somatic practices, The Alexander Technique, Laban Movement Analysis/Bartenieff Fundamentals, and Ideokinesis, provides background on foundations and principles: teaching awareness of self, placing attention on mind-body connectivity, and promoting efficiency in motion, breath, and body alignment. Also, a closer look at two examples of long-standing, high achieving BFA dance conservatory programs, The Juilliard School and The Boston Conservatory, demonstrate the utility of somatics in dance curricula. Lastly, this thesis research describes the workshop I undertook with undergraduate dance students at the University of California, Irvine exploring the application of somatic concepts to classical ballet. The pedagogical model was based on four somatic principles: breath, kinesthesia (internal sensing), connectivity, and initiation and intention, drawn from *Dance and Somatics: Mind-Body Principles of Teaching and Performance*, by Julie Brodie and Elin Lobel. Additionally, experiential anatomy was incorporated into the workshop through the work of Mabel Todd, Lulu Sweigard, and Irene Dowd. Emergent themes included a sense of community building amongst students, as well as empowerment within each as individual artists.

Motor Learning and Control for Dance Routledge
 "Doran George's *The Natural Body in Somatics* Dance Training examines the development of Somatics as it has been adopted by successive generations of practitioners since its early beginnings in the 1950s. The study elucidates the ways that Somatics has engaged globally with some of the various locales in which it was developed and practiced, both in terms of its relationships to other dance training programs in that region and to larger aesthetic and political values. The book thereby offers a cogent analysis of how training regimens can inculcate an embodied politics as they guide and shape the experience of bodily sensation, construct forms of reflexive evaluation of bodily action, and summon bodies into relationship with one another. Throughout it focuses on how the notion of a natural body was implemented and developed in Somatics' pedagogy"--

Embodied Cognition and Creative Movement Da Capo Press

The popularity of yoga and Zen meditation has heightened awareness of somatic practices. Individuals develop the conscious embodiment central to somatics work via movement and dance, or through touch from a skilled teacher or therapist often called a somatic bodyworker. Methods of touch and movement foster generative processes of consciousness in order to create a fluid interconnection between sensation, thought, movement, and expression. In *Moving Consciously*, Sondra Fraleigh gathers essays that probe ideas surrounding embodied

knowledge and the conscious embodiment of movement and dance. Using a variety of perspectives on movement and dance somatics, Fraleigh and other contributors draw on scholarship and personal practice to participate in a multifaceted investigation of a thriving worldwide phenomenon. Their goal: to present the mental and physical health benefits of experiencing one's inner world through sensory awareness and movement integration. A stimulating addition to a burgeoning field, *Moving Consciously* incorporates concepts from East and West into a timely look at life-changing, intertwined practices that involve dance, movement, performance studies, and education. Contributors: Richard Biehl, Robert Bingham, Hillel Braude, Alison East, Sondra Fraleigh, Kelly Ferris Lester, Karin Rugman, Catherine Schaeffer, Jeanne Schul, and Ruth Way.

Mindful Movement: The Evolution of the Somatic Arts and Conscious Action Logos Verlag Berlin GmbH

Dance and Somatics Mind-body Principles of Teaching and Performance McFarland
Overcoming Mind/body Dualism Through Somatic Awareness and Dance IGI Global

The Place of Dance is written for the general reader as well as for dancers. It reminds us that dancing is our nature, available to all as well as refined for the stage. Andrea Olsen is an internationally known choreographer and educator who combines the science of body with creative practice. This workbook integrates experiential anatomy with the process of moving and dancing, with a particular focus on the creative journey involved in choreographing, improvising, and performing for the stage. Each of the chapters, or "days," introduces a particular theme and features a dance photograph, information on the topic, movement and writing investigations, personal anecdotes, and studio notes from professional artists and educators for further insight. The third in a trilogy of works about the body, including *Bodystories: A Guide to Experiential Anatomy* and *Body and Earth: An Experiential Guide*, *The Place of Dance* will help each reader understand his/her dancing body through somatic work, create a dance, and have a full journal clarifying aesthetic views on his or her practice. It is well suited for anyone interested in engaging embodied intelligence and living more consciously.

Recovering the Soma University of Illinois Press

The Bloomsbury Companion to Dance Studies brings together leading international dance scholars in this single collection to provide a vivid picture of the state of contemporary dance research. The book commences with an introduction that privileges dancing as both a site of knowledge formation and a methodological approach, followed by a provocative overview of the methods and problems that dance studies currently faces as an established disciplinary

field. The volume contains eleven core chapters that each map out a specific area of inquiry: Dance Pedagogy, Practice-As-Research, Dance and Politics, Dance and Identity, Dance Science, Screendance, Dance Ethnography, Popular Dance, Dance History, Dance and Philosophy, and Digital Dance. Although these sub-disciplinary domains do not fully capture the dynamic ways in which dance scholars work across multiple positions and perspectives, they reflect the major interests and innovations around which dance studies has organized its teaching and research. Therefore each author speaks to the labels, methods, issues and histories of each given category, while also exemplifying this scholarship in action. The dances under investigation range from experimental conceptual concert dance through to underground street dance practices, and the geographic reach encompasses dance-making from Europe, North and South America, the Caribbean and Asia. The book ends with a chapter that looks ahead to new directions in dance scholarship, in addition to an annotated bibliography and list of key concepts. The volume is an essential guide for students and scholars interested in the creative and critical approaches that dance studies can offer.

Dance and the Quality of Life Jessica Kingsley Publishers

In the revolutionary *Somatics*, Thomas Hanna demonstrates that so many problems we accept as inevitable over time-chronic stiffness, bad back, chronic pain, fatigue, and even high blood pressure -need never occur if we maintain conscious control of nerve and muscle, a state which Hanna calls sensory-motor awareness. This gentle, lifelong program can help almost anyone maintain the pleasures of a supple, healthy body indefinitely, with only a five-minute routine once a day.

[Exploring the Integration of Somatic Concepts Into the Teaching and Learning of Ballet](#) University of Illinois Press

This book brings attention to the interface of psychotherapy and psychological theory with the somatic practices of bodywork and movement therapy. To offer a client only psychotherapy, or only bodywork may subtly or directly reinforce the body-mind split from which so many of us suffer; in some cases this will be a reinforcement of a dilemma central to the client's problems. Hartley views body psychotherapy and transpersonal psychotherapy as building bridges between the once separated processes of psyche, soma, and spirit. Today the emerging field of somatic psychology is also contributing to the expanded field of psychology a subtle differentiation of bodymind process, developed through almost a century and a half of research and practice in somatic therapy and education. Originally trained as a dancer, movement therapist and bodywork practitioner, Hartley continues to use movement and somatic process as an important foundation for her own work. Training

in Dance Movement Therapy, the transpersonal psychotherapy of Psychosynthesis, and Process-Oriented Psychology have further deepened Hartley's awareness of the relationships between psyche, soma and spirit, and the need to respond to all levels of experience in therapeutic work.

Dance and Somatics Jessica Kingsley Publishers

Never before has a greater variety of careers been available in dance—and never before has such comprehensive, expert guidance on those burgeoning careers been accessible in one book. *Careers in Dance* is a master guide that will help students navigate the expanding opportunities in dance and familiarize current professionals with potential career choices that best align with their pursuits and strengths. This highly practical text offers a wealth of information on career options in a variety of settings and with a variety of focuses, including commercial ventures, scholarly pursuits, administrative avenues, medical and scientific settings, and interdisciplinary opportunities. Readers are guided in discovering their deepest interests and learning how to translate their unique strengths into rich and fulfilling careers. In keeping with recent trends in higher education dance programs, *Careers in Dance* spotlights entrepreneurship and leadership opportunities for dancers, delving into an array of options and offering much-needed advice. The book covers some of the social and cultural influences that affect success in the field, and it explores various career opportunities: K-12 and postsecondary dance education Dance studios Performance, choreography, and production Dance research, analytical writing, and journalism Dance administration and advocacy Dance science, therapy, and medical and somatic practices Private competition companies Technical theater and related areas The text also helps readers understand the connections between dance and other disciplines. For example, it details the interdisciplinary opportunities involving technology, technical theater, and media. It also notes the possibilities for continued education in graduate school programs and suggests approaches to acclimating to life as a working professional. *Careers in Dance* offers two recurring elements throughout the book: Profiles of, and interviews with, esteemed professional dancers, revealing their real-world experiences and affording insights into different dance careers Reflection prompts that encourage self-reflection and prepare readers to seek career development and career advancement opportunities This text explores the opportunities dance students and professionals can pursue, helps them pinpoint their areas of interest and strengths,

and equips them to create their unique paths to a fulfilling career in dance. In doing so, *Careers in Dance* provides the advice and strategies dancers need to actualize their own destinies in dance.

Body and Mind in Motion McFarland
Time and time again the arts have been called on to provide respite and relief from fear, anxiety, and pain in clinical medicinal practices. As such, it is vital to explore how the use of the arts for emotional and mental healing can take place outside of the clinical realm. *Healing Through the Arts for Non-Clinical Practitioners* is an essential reference source that examines and describes arts-based interventions and experiences that support the healing process outside of the medical field. Featuring research on topics such as arts-based interventions and the use of writing, theatre, and embroidery as methods of healing, this book is ideally designed for academicians, non-clinical practitioners, educators, artists, and rehabilitation professionals.

Somatics in Action Springer

A spiritual guide provides guidelines on meditation and exercise, encouraging writers to combat the self-consciousness that inhibits free expression and offering advice on how to overcome suppressed feelings that contribute to writer's block. Original.

Writing and the Body in Motion Springer Nature

"Training in somatic techniques-- holistic body-centered movement that promotes psycho-physical awareness and well-being--provides an effective means of improving dance students' efficiency and ease of movement. By presenting a philosophical approach to teaching as well as practical instruction tools, this work provides a valuable guide to somatics for dance teachers of any style or level"--Provided by publisher. Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow Springer Nature
The Routledge Companion to Dance Studies maps out the key features of dance studies as the field stands today, while pointing to potential future developments. It locates these features both historically—within dance in particular social and cultural contexts—and in relation to other academic influences that have impinged on dance studies as a discipline. The editors use a thematically based approach that emphasizes that dance scholarship does not stand alone as a single entity, but is inevitably linked to other related fields, debates, and concerns. Authors from across continents have contributed chapters based on theoretical, methodological, ethnographic, and practice-based case studies, bringing together a wealth of expertise and insight to offer a study that is in-depth and wide-ranging. Ideal for scholars

and upper-level students of dance and performance studies, *The Routledge Companion to Dance Studies* challenges the reader to expand their knowledge of this vibrant, exciting interdisciplinary field. *Body, Mind and Meaning* Bloomsbury Publishing

Training in somatic techniques—holistic body-centered movement that promotes awareness and well-being—provides an effective means of improving dance students' efficiency and ease of movement. However, dance educators do not always have the resources to incorporate this knowledge into their classes. This volume explains the importance of somatics, introduces fundamental somatic principles that are central to the dance technique class, and offers tips on incorporating these principles into a dance curriculum. The authors demystify somatic thinking by explaining the processes in terms of current scientific research. By presenting both a philosophical approach to teaching as well as practical instruction tools, this work provides a valuable guide to somatics for dance teachers of any style or level. Instructors considering this book for use in a course may request an examination copy here.

A Guide for Students McFarland

This book examines the globalization of belly dance and the distinct dancing communities that have evolved from it. The history of belly dance has taken place within the global flow of sojourners, immigrants, entrepreneurs, and tourists from the nineteenth to the twenty-first century. In some cases, the dance is transferred to new communities within the gender normative structure of its original location in North Africa and the Middle East. Belly dance also has become part of popular culture's Orientalist infused discourse. The consequence of this discourse has been a global revision of the solo dances of North Africa and the Middle East into new genres that are still part of the larger belly dance community but are distinct in form and meaning from the dance as practiced within communities in North Africa and the Middle East.